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Pepper spray needed to break up fight: Police

DISTURBANCE Police used pepper spray to break up a fight between several people on Brunswick Street early yesterday morning.

Halifax Regional Police were investigating a theft in the 1700 block area of Brunswick Street when they saw multiple people involved in a "physical disturbance" at 4:42 a.m. near the Palace Nightclub and Halifax Alehouse.

Police say the incident included several fights and bottles being thrown.

Police gave "verbal commands" for the altercation to stop and to clear the area but say the instructions were ignored. Police say that is when officers used pepper spray.

"The fight was continuing and we couldn't disperse them any other way," said police spokesman Sgt. Richard Gilroy. "Pepper spray seemed like an appropriate level of force."

After the pepper spray was deployed, police say the participants dispersed immediately, although some were treated for minor injuries.

No charges are expected.

PHILIP CROUCHER/METRO HALIFAX



Alberta skip Kevin Koe, right, celebrates with his team last night after defeating Glenn Howard's Ontario rink 6-5 in an extra end at the 2010 Tim Hortons Brier final at the Metro Centre. Coverage, page 11.

In the house

Brier 'very successful' despite Olympic hangover, say organizers

PAUL MCLEOD
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Organizers say they're very pleased with the 2010 Tim Hortons Brier at the Halifax Metro Centre, despite having to battle an Olympic hangover.

Total attendance was 107,242 for the nine-day event, including 7,233 for last night's final between Alberta and Ontario.

That's down from the 160,000 at the 2005 Olympic trials and the 158,000 who came to the last Halifax Brier in 2003.

Brier co-chair Graham Harris chalks it up to competition from the Olympic curling trials in Edmonton and then the Olympics in Vancouver just two weeks earlier.

"That made a big difference," he said. "All these events are chasing the entertainment dollar and there's only so much to go around."

The 2003 numbers also got a boost because team Nova Scotia made it all the way to the final. Harris said that packed the Metro Centre, with 2,000 walkup tickets sold for the finals alone.

The next Halifax Brier, whenever it is, is sure to look different thanks to an expected new convention centre. Whereas the 1,742-capacity Brier Patch was frequently full this week, Harris said next time the patch will be able to fit 5,000 people.

But after all the numbers are added up, Harris said the 2010 tournament went extremely well.

"We had a very successful week," he said. "There seems to be a change of the guard. We've got a bunch of new teams from different provinces in this time."

One member of that youth revolution was Nova Scotia, skipped by 25-year-old newcomer Ian Fitzner-Leblanc of Mayflower. Though they finished 3-8, local Brier veteran and 2004 winner Mark Dacey said they should be a threat for years to come.

"Brier ice is a whole different animal. You don't get good on it unless you get there. Unfortunately his first experience was in front of a home crowd so that's a bit tough," said Dacey.

"But he's only going to get better. He's a great curler."

No known missing after avalanche, say RCMP

REVELSTOKE What many feared would be one of the worst death tolls ever in the B.C. backcountry appears increasingly to be an almost miraculous story of survival.

RCMP say they have accounted for all those known to have been on a remote B.C. mountain when a deadly avalanche roared down upon them.

Two were killed in the slide on Boulder Mountain, in the Monashee Mountains near Revelstoke, B.C., but as yesterday wore on, RCMP said they were increasingly optimistic that the death toll would not be as bad as once believed.

About 24 hours earlier, on Saturday afternoon, a wall of snow washed down over a group of about 200 snowmobilers gathered for the annual Big Iron Shoot-Out. The avalanche was triggered by a small group "high-marking" on the mountain — a competition to see who could ride the furthest, leaving the highest mark.

There were fears the death toll could be in the dozens, and survivors have described a scene of chaos after the slide.

Cpl. Dan Moskaluk told reporters that 31 people were injured, one person critically. But Moskaluk said most of those participating appear to have made it safely off the mountain.

He said RCMP believe the slide was triggered by high-marking, but he declined to say whether the riders responsible have been identified, or whether they were among the dead. Nor would he say whether they could face charges.

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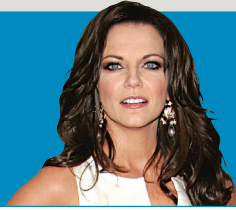


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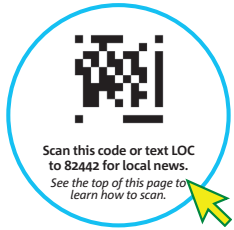
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Local



Still a chance to catch country crooner

Tickets are still available to see country music star Martina McBride in concert on Wednesday night at the Halifax Metro Centre. The show begins at 7:30 p.m. with Gord Bamford serving as the opener. Floor and lower bowl seating is \$77 each, with upper bowl seating costing \$57. Tickets are available at all Ticket Atlantic outlets, online at ticketatlantic.com or by phone at 451-1221. METRO HALIFAX



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3 charged in grave damage

MISCHIEF Two adults and a youth are facing charges after headstones and grave markers in a Halifax cemetery were damaged Friday. Police say they've laid charges of mischief in relation to religious objects against three males.

The males fled police, but were arrested a short distance away from the graveyard.

The trio will appear in court at a later date.

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WHAT'S ONLINE TODAY

Immigration Guidy Mamann on the poor performance of Ottawa's new 'Canadian Experience Class' at metronews.ca/immigration

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Homes hit by morning fires

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for Metro Halifax

Halifax regional firefighters were busy battling two early morning blazes yesterday.

Around 6:30 a.m., Halifax RCMP notified firefighters of a house fire at 31 Isiah Lane in North Preston.

Police say two officers saw flames and smoke coming from the house.

The officers entered the home and awoke the four occupants, who were asleep. All four escaped without injury.

Police say George Fraser, 75, his daughter Yolanda Fraser, 36, and her two boys, aged 15 and 8, were inside the home. They had no fire insurance and are now homeless.

According to Capt. Grant Withers of fire station No. 18, the fire appeared to be caused by a wood stove heating up a poorly insulated

wall over a long period of time.

"The initial reports are of an improper installation of a wood burning appliance," added Halifax regional fire platoon chief Mike Blackburn. He said the fire took about an hour to extinguish.

Suspicious

• Police are saying a fire that damaged portions of a building in Dartmouth over the weekend is suspicious. Firefighters responded to the blaze early Saturday. They found damage to a door and some contents of a storage area at an apartment on Lakecrest Drive. Police say the reason for the fire has yet to be determined, but forensic experts are looking into suspicious causes.

a.m. yesterday. A single room in the basement of the 15-tenant building was on fire.

Tenant Wesley Erskine, 31, said he awoke around 6:30 a.m. to discover the basement hallway flooded with smoke. Erskine's room was one door down from the blaze.

"The whole downstairs was a patch of white



Wesley Erskine stands on the front lawn of the rooming house he resides in on Pepperell Street in Halifax. A basement apartment next to his inside the house caught fire early yesterday morning.

smoke," he said.

According to Erskine, there were no working fire alarms in the basement, and the fire extinguishers were expired.

Another tenant, Edward Levy, said he and the building's superintendent attempted to fight the fire from an outside window, but had little luck until the

fire department arrived.

Blackburn said the investigation into the fire's cause was complete, but a full report hadn't been made public as of yesterday.

We are following up with our fire investigators and our fire prevention office, to do a followup on that building," he said.

Bail hearing continues for accused

COURT It will now be at least the end of this week before it's determined whether the woman accused in the killing of Jennifer Horne will receive bail.

A bail hearing for Ashley Haley began last Friday at Nova Scotia Supreme Court in Halifax, but it didn't conclude. It's now expected to wrap up this Friday.

This is the second delay in the bail hearing process for Haley, one of two people accused in the killing of Horne 39 months ago. Jennifer Horne



The Crown is opposed to Haley's release, which if it does happen, would come under the province's adult bail supervision program.

Haley and her common-law partner Desmond Maguire are each facing first-degree murder charges in the death of Horne, a 20-year-old Cole Harbour woman found dead in their apartment Dec. 31, 2007.

Both Haley and Maguire have been in jail since being arrested shortly after Haley's body was discovered. METRO HALIFAX

News in brief

DUI A 69-year-old man is facing impaired driving charges after Halifax Regional Police stopped a vehicle late Saturday evening in south end Halifax. Police say the man was taken

into custody and will be in court at a later date on charges of impaired driving and failing the breathalyzer.

CHARGES A 23-year-old Halifax man is facing child pornography charges. Halifax Regional

Police say officers assigned to the Internet Child Exploitation Unit conducted a search warrant just after 6 a.m. Thursday in the 5800 block of North

Street and a man was arrested without incident. Thomas McCarthy will appear in Halifax provincial court at a later date charged with distributing child pornography. METRO HALIFAX

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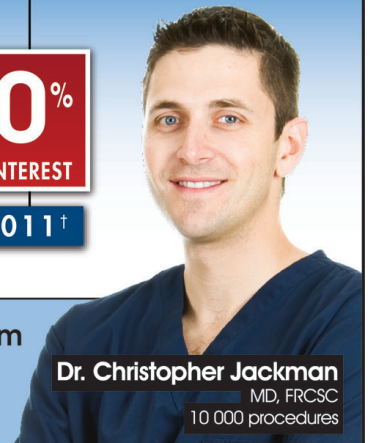
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Fires hit HRM

HRM has been dealing with a rash of brush and grass fires over the past 10 days because of mild temperatures and a lack of snow. Last week, Halifax Regional Fire and Emergency responded to over 20 brush fires, some a result of grass fires that got out of control. **METRO HALIFAX**

Questions surround MLA's resignation

A popular Liberal MLA abruptly resigned his Nova Scotia seat Friday under somewhat mysterious circumstances, saying only that he could no longer fulfill his duties and responsibilities in the legislature.

While it isn't known if they are linked, shortly after Dave Wilson's resignation it was revealed the province's auditor general — who is conducting an audit into politicians' spending — had requested a meeting with him in late

February.

It isn't known why auditor general Jacques Lapointe wanted the meeting with the legislature member from Glace Bay.



Dave Wilson

Wilson, 54, issued a brief statement announcing his immediate departure as the legislature member for Glace Bay, saying he would be making no further comment and asking for privacy for his family.

He couldn't be reached for comment.

At a news conference af-

Wilson

- Dave Wilson was in the news recently after the NDP, Liberals and Conservatives released figures showing how much their members spent on extra staff and extra pay for their constituency assistants. Of those who submitted documentation in the Liberal party,

Wilson spent the most, confirming that he paid his constituency assistant more than \$24,000 on top of the assistant's regular salary over a year and a half.

- He also paid more than \$37,000 over the course of three years to other staff.

ter Wilson's announcement, Liberal Leader Stephen McNeil said he didn't know why Wilson was stepping down or why the auditor wanted to

speak to him.

McNeil said Wilson called him Thursday night to say he was resigning, adding he refused to offer reasons for his departure

or his dealings with Lapointe based on advice he had received from his lawyer.

"I had asked him why and he said I'm not prepared to talk about that," McNeil said. "He informed me that he'd been instructed by his lawyer not to speak about the matters. I am not aware of the nature of the auditor general's questions."

Lapointe is conducting a forensic audit into the spending of some provincial politicians. He said last month his office is "looking at specific events and

transactions and seeing whether or not there may be illegalities involved in some of them."

McNeil said Wilson called him on Wednesday, Feb. 24, to inform the Liberal leader that Lapointe wanted to meet with him that Friday. A day after the meeting was supposed to take place, McNeil said Wilson informed him he had hired a lawyer and didn't meet Lapointe.

McNeil said Wilson was told by his lawyer not to speak to Lapointe, but he doesn't know why.

THE CANADIAN PRESS

Pleas in cross-burning case set for April 19

CRIME Two brothers charged with hate crimes after a cross was burned in the yard of an interracial couple in Nova Scotia are scheduled to enter pleas on April 19.

Nathan Rehberg, 20, and Justin Rehberg, 19, appeared briefly in court in Windsor on Friday.

The case was put over because the prosecutor was not available.

The Avondale men face charges of public incitement of hatred, mischief, uttering threats and criminal harassment.

Police laid the charges after racial slurs were allegedly hurled at Michelle Lyon and Shayne Howe, who have five children, in an incident outside their home in Poplar Grove last month.

"I'm disappointed," Lyon said Friday. "You want this swiftly dealt with ... but there's nothing you can really do."

Howe said he was becoming frustrated with the justice system.

"Today should have been a plea. We should have known how things are going and now we're just back on track and have to wait another month to see what happens."

Howe said life is slowly starting to get back to normal for him.

"Step by step, but I still think about it constantly when I look out in my yard," he said.

The Rehbergs were released last week on \$5,000 bail and were ordered to stay with their grandparents. The case has drawn national attention and



Nathan and Justin Rehberg, above, hide their faces as they are escorted from Kentville provincial court last month. The brothers face charges related to a cross-burning incident last month in front of the home of Michelle Lyon and Shayne Howe.

even condemnation from the Prime Minister's Office

in Ottawa, which called the act a reprehensible one

"that has no place in our country." **THE CANADIAN PRESS**

RCMP defends actions in review controversy

POLICING A Nova Scotia RCMP superintendent says the force couldn't ask another police agency to speed up an investigation into one of its officers because of potential interference.

Chief Supt. Blair McKnight says they couldn't urge Halifax Regional Police to complete a probe within the required year because they didn't want to appear to be influencing the investigation.

McKnight's comments came Friday, one day after the RCMP revealed it wasn't going to take any disciplinary action against an officer who shot a man

dead in his home on a Cape Breton native reserve.

In January, the RCMP launched a disciplinary review of Const. Jeremy Frenette's actions in the 2008 shooting of John Simon, weeks after receiving a report by Halifax police into the incident.

But, the review ended shortly after it began once the Mounties realized the process did not start within a year as required by law.

McKnight says that policy is under review and could lead to changes in the time restrictions.

THE CANADIAN PRESS

Something for all in symphony's season

MUSIC Symphony Nova Scotia's new season promises "something for everyone," according to music director Bernhard Gueller.

The 2010-11 season will feature three different series — Celebrity Classics, Pops and Baroque.

The Classics series includes some of the most recognizable names in symphony, with Beethoven's Fifth, Schubert's Unfinished symphony, and Mozart's Jupiter. The symphony will also perform Mozart's Requiem for the first time in a decade. The Pops series features a tribute concert The Music of the Beatles, covering the Fab Four's greatest

hits. Dutch Robinson will also return for a throwback to the sold-out 2007 Motown concert, and Erin Costello will join the symphony for a Maritime concert. The Baroque series will feature English and German music, as well as Handel's Messiah, performed by the Toronto Mendelssohn Choir.

METRO HALIFAX

News in brief

SEAFOOD INDUSTRY A delegation of 22 businesses and organizations from Atlantic Canada's seafood industry are attending the International

Boston Seafood Show, which began yesterday and runs through tomorrow. The annual industry trade show, the largest of its kind in

North America, attracts 16,000 top-tier buyers and sellers of seafood from more than 90 countries. The trade mission is being organized by the

Atlantic Canada Opportunities Agency in conjunction with Innovation PEI. **CAPE BRETON POST** **STABBING** A Cape Breton man was stabbed on Saturday dur-

ing a fight between two men in Glace Bay. Cape Breton Regional Police say they came upon the brawl in the Needs Convenience Store park-

ing lot on Commercial Street. A 25-year-old man was taken to the Glace Bay regional hospital for treatment.

THE CANADIAN PRESS

The mayor in Walkerton, Ont., is trying to get a peace bond slapped on an area newspaper owner. Charlie Bagnato is targeting Brian Raper of the Cargill Area News over articles critical of the mayor and town. He says the final straw came when one article suggested he and some councillors be lynched. **THE CANADIAN PRESS**

Mayor seeks peace bond against newspaper owner

Canada



Coyotes a growing danger: Hunter

A hunter says coyotes in midwestern Ontario are becoming a danger. Len Baird says a fatal coyote attack in Cape Breton, N.S., last year should serve as a warning. Coyotes are an increasing nuisance for livestock farmers, and have been spotted in Kincardine, Ont. Baird says the animals also pose a threat to kids walking to school in rural areas in the region. Bruce County has doubled its bounty on coyotes but Baird says more has to be done to lower their numbers. **THE CANADIAN PRESS**

News in brief

FUNDING When government funding for a foundation dedicated to climate research dries up at the end of the year, scientists say the aftershocks of its departure will be felt not only in Canada but by researchers

around the globe. The 2010 federal budget offered no new cash to the Canadian Foundation for Climate and Atmospheric Sciences.

LAW SUIT The latest meat recall due to concerns over listeria

contamination has prompted a proposed class action. Merchant Law Group says it is suing Siena Foods Ltd. on behalf of anyone who bought or ate the meat in question.

THE CANADIAN PRESS

Feds leave Canadian moms short: Report

Federal cash for troubled pregnancies and newborns in Canada remains in short supply even as the Conservative government leads a global campaign to improve the health of mothers and children overseas.

A newly released report praises a national program to help high-risk pregnant women bear healthier babies — but notes the funding hasn't really budged in a decade.

The report echoes another analysis last year that found Ottawa consistently fails to spend the money it promises to fight fetal alcohol spectrum disorder, which leaves newborns with a lifetime of afflictions.

The report, covering the five-year period ending in 2009, found the projects have helped thousands of pregnant women to quit

Study

• The latest study, an evaluation of the Canada Prenatal Nutrition Program, examined some 330 projects that focus on women — poor, isolated, abused or addicted — who are likely to have unhealthy babies because of their own bad health or nutrition.

smoking and drinking, to eat better, to take vitamins and to breastfeed their newborns.

The result was many fewer premature births, better birth weights and generally healthier babies, all at significant savings for health-care budgets in more than 2,000 communities.

The reduction in the number of low-birth-weight infants alone saved \$1.6 million in hospital costs, says the November 2009 study.

But the authors also note "the last upward adjustment to (program) funding dates back to 1999," and call on the government to "address funding stability."

Key recommendations and comments, however, are censored in the released version.

THE CANADIAN PRESS

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More immigration sets up political scrap for votes

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An RCMP vehicle drives yesterday towards the area where a large avalanche struck Saturday, killing two people and injuring 30 others near Revelstoke, B.C.

Avalanche prompts snowmobile debate

TRAGEDY For "sled-heads," events like the Big Iron Shoot-Out are a powerful draw into B.C.'s rugged backcountry, offering bragging rights as the main prize for participants on their high-powered snowmobiles.

But Saturday's deadly avalanche at the annual event near Revelstoke, B.C. — apparently triggered by daredevils climbing up the slope in hazardous conditions — has prompted debate even within the tight-knit snowmobiling world.

Even fellow sledders are asking whether the 200-odd people who were out on Boulder Mountain should have been there.

There were some heated exchanges on online snowmobiling forums, where users expressed frustration that avalanche warnings weren't heeded.

"Big Iron has a bad name already and now this," wrote one user on the website snowandmud.com.

Another called it "dumb" to have held the event when conditions were con-

sidered high risk for a slide.

"Knew this was going to happen," said the post. "Kinda pisses me off when people are making it sound like it wasn't preventable."

It's still not clear what exactly triggered the slide Saturday that killed two people, but witnesses say a small group were high-marking at the time — racing up the mountain in a competition to see who could leave the highest mark on the mountain.

THE CANADIAN PRESS

Man killed during St. Patrick's parade

A 19-year-old man was killed during Montreal's St. Patrick's parade after jumping from a truck and falling under its wheels. **THE CANADIAN PRESS**

canada 5

Tories ignore studies on criminal justice?

Research contradicts anti-crime agenda

The federal Justice Department pays to help publicize leading criminal justice research that frequently discredits the Conservative government's "tough-on-crime" agenda.

But the Harper government doesn't appear to be listening.

The most recent issue of Criminological Highlights published last month by the University of Toronto's Centre of Criminology, with federal assistance, blows gaping holes in several of Justice Minister Rob Nicholson's most cherished anti-crime measures.

It also provides a timely reminder of why Canada's ongoing move toward more mandatory minimum sentences can lead to

Funding

• The Department of Justice has been funding Criminological Digest since 1997, although Prime Minister Stephen Harper has explicitly and publicly stated that his government does not accept peer-reviewed research on criminal matters.

the kind of plea bargain arrangement that's created a storm of public outrage around former Conservative stalwart Rahim Jaffer.

The research digest says people who can afford good lawyers cop backroom plea bargains to avoid harsh mandatory sentences, while the average Joe is hit hard.

The digest also matter-

ofactly relates that "40 years of increasingly sophisticated research shows (mandatory minimum sentences) do not have deterrent effects."

The extract is taken from a 2009 study, The Mostly Unintended Effects of Mandatory Penalties: Two Centuries of Consistent Findings, by American academic Michael Tonry.

Federal spending estimates indicate capital expenditures on prisons in Canada will increase by more than 40 per cent in 2010-11 to \$329.4 million from \$230.8 million this year, although the Conservative government has refused to publicly detail the costs of its criminal justice agenda. **THE CANADIAN PRESS**

Suspect in 2 deaths appears in court

ONTARIO Police say the teen suspect in the slayings of a Belleville, Ont., mother and daughter has appeared in court via video link.

Sgt. Kristine Rae said Dean Brown, 18, appeared Saturday morning and was formally charged with two counts of first-degree murder and one count of attempted murder.

He was remanded into custody and will appear again in a Belleville, Ont., court today.

A 46-year-old woman and her 14-year-old daughter were found dead Friday at their family home in the small eastern Ontario community of Mountain View.

The victims have been identified as Tracy Hannah and her daughter Whitney, and post-mortems are scheduled for today at the coroner's office in Toronto.

An 18-year-old female family member was airlifted to hospital in Kingston, Ont., and remains in stable



A Prince Edward County OPP officer leaves a crime scene Saturday in Mountain View, Ont. Flowers and signs of support were placed at a home where two women were shot dead Friday morning and another woman was wounded.

condition.

The suspect, apparently known to the family although not a member, was arrested following a chase at about 9:30 a.m. Friday in nearby Trenton, police said.

Police said the victims were found when they responded to a 911 call

about a shooting at a home on Valley Road at around 6 a.m.

"It's a very quiet street — this is very out of character for this area," said Jen Snider, who lives down the street. "It's very scary. It's a quiet neighbourhood and we all know everybody." **THE CANADIAN PRESS**

News in brief

DETAINÉES The Conservative government gave a former Supreme Court justice guidelines Saturday for a review of whether MPs can see uncensored Afghan detainee documents, but critics were quick to call the decision a "stalling exercise" that wastes time and money. Frank Iacobucci was given a mandate to review relevant documents that were produced after 2005, as well as others that date back to 2001.

THE CANADIAN PRESS

First Nations want more than just talks on Ring of Fire project

MINING The First Nations communities surrounding a potentially massive chromite deposit in northern Ontario known as the Ring of Fire say it will take more than lip-service from politicians to ensure development goes ahead.

Northern Development Minister Michael Gravelle will be visiting several First Nations communities start-

ing Wednesday to discuss concerns around the mining opportunity.

In January, a group of First Nations angry about what they consider a lack of consultation set up a blockade on the landing strips at Koper and McFaulds lakes, preventing planes used by mining companies from landing.

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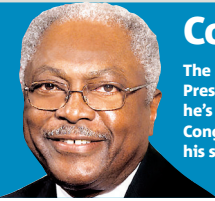
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The State Department is authorizing U.S. government employees at six U.S. consulates in northern Mexico to send their family members out of the area because of concerns about rising drug-related violence. **THE ASSOCIATED PRESS**

World



Congressman confident health bill will pass

The Democrat's chief vote counter in the House says that right now there aren't enough votes to pass President Barack Obama's health care overhaul. But Rep. James Clyburn, left, of South Carolina says he's confident that the legislation will pass. He says the White House and Democratic leaders in Congress have gotten to a point where there's a way to send the measure to the president's desk for his signature. **THE ASSOCIATED PRESS**

Fighting over land kills 15 in Somalia

MOGADISHU A clan elder in Somalia says a fight over land rights between two rival clans has killed at least 15 people.

Clan elder Abdullahi Bashir Jama says Saturday's fighting was triggered by long-standing hostilities over land ownership.

The fighting took place in Amara village in the country's north, far from the capital of Mogadishu, where Islamist militants have been clashing with government troops.

THE ASSOCIATED PRESS

Lawless nation

- Somalia has not had a functioning government for a generation, since clan warlords overthrew a socialist dictator in 1991.

Celibacy vow, abuse not linked: Vatican

The Vatican yesterday denied that its celibacy rule for priests was the root cause of the clerical sex abuse scandal convulsing the church in Europe and again defended the pope's handling of the crisis.

Suggestions that the celibacy rule was somehow responsible for the "deviant behaviour" of sexually abusive priests have swirled in recent days, with opinion pieces in German newspapers blaming it for fuelling abuse and even Italian commentators questioning the rule.

Much of the furor was spurred by comments from one of the pope's closest advisers, Vienna archbishop Cardinal Christoph Schoenborn, who called

this week for an honest examination of issues like celibacy to root out the origins of abuse.

"Part of it is the question of celibacy, as well as the subject of character development. And part of it is a large portion of honesty, in the church but also in society," he wrote in the online edition of his diocesan newsletter. His office quickly stressed that Schoenborn wasn't calling into question priestly celibacy.

But Schoenborn has in the past shown himself receptive to arguments that a celibate priesthood is increasingly problematic for the

church, mainly because it limits the number of men who seek ordination.

Last June, Schoenborn personally presented the Vatican with a lay initiative signed by prominent Australian Catholics calling for the celibacy rule to be abolished and for married men to be allowed to become priests. **THE ASSOCIATED PRESS**



U.S. taking it slow on Europe nuclear withdrawal.

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A tree lies across a smashed car at a home in Wantagh, N.Y., yesterday. Strong winds and heavy rain downed trees and power lines across New Jersey, Pennsylvania, New York and Connecticut on Saturday, leaving hundreds of thousands without power.

Winds, rain batter U.S. Northeast after blizzard

WEATHER Utility crews pushed through fallen trees and windblown debris to reach downed power lines yesterday, working to restore electricity to hundreds of thousands of homes and businesses as strong winds and heavy rain that wreaked havoc in parts of the Northeast pushed on into New England.

The storm, which battered parts of Pennsylvania, New Jersey, New York and Connecticut on Saturday with gusts of up to 112 kilometres an hour, struck about two weeks after heavy snow and hurricane-force winds left more than a million customers in the Northeast in the dark.

Falling facade

- In Uniondale, N.Y., the aging Nassau Coliseum lost three pieces of its aluminum facade about 90 minutes before the start of the New Jersey Devils and New York Islanders NHL hockey game.

More than a half-million customers in the region lost electricity at the peak of Saturday's storm, and roughly 500,000 were waiting for power to be restored yesterday morning.

In Manhattan, Broadway's sidewalks and trash cans were littered with hundreds of shattered umbrellas. **THE ASSOCIATED PRESS**

Leftists riding high as France votes

ELECTIONS France was electing new regional governments yesterday in a vote that is seen by many as a referendum on President Nicolas Sarkozy's 2½ years in power.

Leftists are riding high into the elections, which look likely to result in a setback for Sarkozy's conservatives, blamed by many voters for failing to protect their jobs amid the economic downturn.

France's struggle to integrate its millions of Muslims has also come to the

50% Abstention was likely to be high, with polls predicting only about half of the country's 45 million eligible voters will cast a ballot.

fore in the campaign for 1,880 seats on regional governments in mainland France and in overseas regions.

The opposition Socialists won control of 20 of the 22 regions in mainland France at the last election in 2004. **THE ASSOCIATED PRESS**

News in brief

BANGKOK As many as 100,000 people protested peacefully against Thailand's government at a party-like rally yesterday, but the capital was kept on edge by their threat to continue protesting until Prime Min-

ister Abhisit Vejjajiva calls new elections. The protesters say Abhisit took office illegitimately with the connivance of the military and other parts of the traditional ruling class. **THE ASSOCIATED PRESS**

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Photographer **Freeman Patterson** required not one, but two liver transplant procedures at the QEII so he could continue to travel and capture images in locations around the world.

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world 7



A police officer stands near shops damaged in an explosion outside police headquarters yesterday in Kandahar, Afghanistan.

Sounding a warning

Taliban carve a wide swath of destruction in Kandahar attacks

The Taliban yesterday called their deadly bomb attacks on the southern city of Kandahar a warning to NATO's top general that the insurgents were ready for the war's next major offensive in their heartland.

The series of bombings that demolished buildings and killed dozens — including 10 people at a wedding — prompted the provincial governor to plead for more security in the area. Fearful residents said they had no confidence that either government or foreign troops can protect them.

Taliban spokesman Qari Yousef Ahmadi said the Saturday night attacks proved the insurgents were still able to operate

despite the buildup of Afghan and international troops in preparation for a push into Kandahar province.

A Taliban-linked website called the attacks in the south's largest city a "warning" to NATO's Gen. Stanley McChrystal, who has said coalition forces will target Kandahar later this year after driving the insurgents from a key stronghold in neighbouring Helmand province.

"Gen. McChrystal has said that soon they will start their operations, and now we have already started our operations," Ahmadi told The Associated Press in a telephone interview. "With all the preparations they have taken, still they are not able to stop us." **THE ASSOCIATED PRESS**

Prince to visit Polish bison reserve

ENVIRONMENT Britain's Prince Charles visits Poland today, a journey that includes a visit to a bison-filled woodland — Europe's last remaining primeval forest thanks to preservation efforts of kings and czars of centuries past.

The British Embassy in Warsaw said the environmentally minded prince, along with his wife, Camil-

la, will visit a bison reserve where they will be guaranteed a view of several of the hefty beasts that are Europe's largest land mammals and less-hirsute cousins of the North American buffalo.

They will then go to a feeding point where they may — or may not — see some of the imposing animals wandering freely.

THE ASSOCIATED PRESS

News in brief

PLOT A Colorado woman who says she is the mother of an American held and later released in Ireland over an alleged plot to kill a Swedish cartoonist said yesterday she does not know where her daughter or grandson may be. Christine Mott, of Leadville, said she learned from federal law-enforcement agencies that her

31-year-old daughter, Jamie Paulin-Ramirez, had been arrested. Irish police said Saturday that they had released an American woman and three others arrested over the alleged plot to kill Swedish cartoonist Lars Vilks, who depicted the Prophet Muhammad in a 2007 sketch with the body of a dog. **THE ASSOCIATED PRESS**

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

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Comment

Oil spills a big hazard

CleanBreak

Rochelle Owen

metronews.ca/cleanbreak

Contaminated sites are located in every province and territory across Canada. They are found on public and private property.

A contaminated site has substances that pose or potentially pose an immediate or long-term risk to human health or the environment. Environment Canada outlines some of the common substances causing contamination, including petroleum and its byproducts, heavy metals such as polychlorinated biphenyls (PCBs), solvents, wood preservatives, and pesticides.

National defence initiatives and industrial production have resulted in

the majority of medium- and large-sized contaminated sites.

The amount of contamination from residential oil tank leaks is substantial when the volume is multiplied by the number of leaks, reported to be in the thousands across the country.

Contamination from residential heating oil tanks can impact health through vapour inhalation and skin exposure. It also can be a costly venture for the environment and the landowner."

A full bathtub of heating oil (about 60 litres) could contaminate more

than one million litres of water and cost in the thousands or hundred of thousands of dollars to clean up, depending on factors such as if the contamination is in soil or water and the slope and soil type.

Most homes have an indoor tank or an outside tank. There are also underground tanks that are buried.

Spills can come from leaky tanks and pipes or from filling. Leaky tanks and pipes might be a result of corrosion and mechanical failures. For example, ice on an outdoor tank line can result in damage.

It is important to inspect your tank regularly. Look for stains and drips and locate smells. Check

for corrosion breakage and any potential hazards such as snow and ice if you have an outside tank.

Some organizations suggest replacement of your fuel tank anywhere between 10 to 20 years, depending on its condition.

Any type of spill needs to be responded to immediately. If a spill is greater than 100 litres, it must be reported by law to the Nova Scotia Department of Environment or call Environmental Emergencies at 1-800-565-1633.

The province has online and print resource such as the Homeowners Guide to Heating Oil Tank Systems and Domestic Fuel Oil Spill Fact Sheet for Homeowners that provide more details on tank installation, removal, and small spill cleanup.

Visit gov.ns.ca/nse/contaminatedsites/domestic.asp for details.

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

SUDDEN ACCELERATION



MICHAEL DE ADOR

Worth mentioning

Politicians voting on new media to stay in touch

That buzzing in your purse or pocket may soon be from a politician hoping to lighten it.

Smartphone applications that allow users to donate money and participate in political polls are shaping up to be the next tool in the media kit of politicians who are literate in social media.

Supporters of Ontario Progressive Conservative Leader Tim Hudak say he has become the first Canadian politician to launch an iPhone application. The free download can transmit policy positions, videos, photos, news, information on coming events — and ask for your donation.

While Hudak organizers haven't used the fundraising or survey capacities of the application yet, they say these tools were a factor in setting up the program.

"As we saw with Haiti

and other charitable organizations, mobile fundraising and mobile giving is a really great tool that we definitely are looking to capitalize on and use," said Brett Bell, director of social media for the provincial Ontario PC party.

The creator of Hudak's app says it's among the top 100 social networking applications on iTunes in Canada.

That kind of program is likely to become an increasingly important tool for politicians targeting the younger demographic, according to one federal cabinet minister.

Barack Obama was the first to use smartphones to raise significant amounts of money during his successful 2008 run for the U.S. presidency. Millions of dollars were raised at Obama rallies by asking those in the audience to hold up their cellphones and make donations of as little as \$5.

THE CANADIAN PRESS

Views

Friends, countrymen lend me your sheets

HineSight

Anne Hines

metronews.ca/hinesight

The toughest part of writing a weekly column is the "what the hell am I going to write about" syndrome. Usually, this involves staring for hours at a blank screen thinking, "Hmmm ... cellophane. Could I say something about cellophane?" This is not nearly as much fun as it sounds.

A good column topic is intriguing, timely and, most of all, not likely to illicit reader email with the subject line "Why don't

you get a real job?" Sometimes I don't manage it.

But today finding a topic is easy. It's March 15. Which means it's the Ides of March. Which means it's also the International Association of Hash House Harriers' Roman Toga Race. This is a really big day.

Some readers may now be asking, "What's this Ides stuff?" "The Hash House who?" or "Why don't you get a real job?" (Mom, stop sending me these emails).

The Ides of March is the day Roman emperor Julius Caesar was stabbed to death by a group of his closest colleagues. "Ides" denoted the 15th day of any month with 31 days. In months of only 30 days the 15th was called ... um

... likely, the 15th.

In modern times, the Ides of March is known for: 1. It being difficult to convince a politician to go for lunch; and 2. The Hash House Harriers' toga race.

The Hash House Harriers society began in 1938 when some young British soldiers decided they needed a physical fitness regime that would: a) help them get rid of their hangovers from the weekend before; and b) help them acquire a good thirst so they could hit the beer again.

They started weekly harrier races. I looked up "harrier" in the dictionary and it said "to be harried." Excellent.

The rules of harrier racing go: One person starts running. Everyone else

tries to catch them. There is no designated finish line. Basically, the game ends when someone says, "Right then. Who's for a drink?"

On March 15, global Hash House Harrier societies gather in Rome, put on togas and run past the spot where Caesar was stabbed. Then they all go out for a drink. Their motto is, "I mean, why not?"

So, fellow citizens, let us, too, honour Caesar. Let us don bed sheets (mine are plaid flannel but I think it still counts) and runneth past city hall. Or maybe just hoist a glass with friends. Your choice.

Happy Ides of March!

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax

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Laptops save energy

Are you looking into buying a new computer? Choose a laptop — it uses about six times less electricity than your traditional desktop, according to The Carbon Buster's Home Energy Handbook. **METRO NEWS SERVICES**

9

Going Green

EDITOR: BEN.RYCROFT@METRONEWS.CA

Going green for green

Program rewards participants for recycling

BEN KNIGHT
for Metro Canada

Taking out the trash has gotten complicated. Different bins, different pick-up days. Wouldn't it be nice if someone actually paid you to do this stuff?

For more than a million households in the United States and Great Britain, somebody does.

RecycleBank is an incentive points program that collects recycling curbside, weighs it, and assigns points that are redeemable for discounts with local merchants.

"It's a win, win, win," says Atul Nanda, president of RecycleBank's Canadian division. "We're increasing diversion in our cities, increasing economic stimulus for the stores, and providing value-added incentive for people to increase their environmental behavior."

The program is not available in Canada quite yet, but is now running in 25 American states. Pilot programs already exist in Chicago, Los Angeles, Phoenix, Houston and Atlanta.

"We've been in discussions with several cities in Canada," Nanda says. "At this point, we don't have a firm date, but we're going to continue our negotiations. The areas we've looked at have been in Ontario, as well as on the west coast."

Recyclebank got some significant acknowledgement in 2009, when the company was named a United Nations Environment Program Champions of the Earth.

"To date, the material recycled by the households we service has enabled RecycleBank to save cities tens of millions of dollars annually in landfill disposal fees, save over 1.5 million trees, and save millions of gallons of oil," company founder Ron Gonen said in his U.N. acceptance speech.

"We have over 2,500 partners," Nanda notes. "That's larger than virtually every other loyalty program out there. We have a very robust partner list. We are also expanding our



RecycleBank is now one of the largest loyalty programs.

Find out more

- You can find out more about the program at recyclebank.com

services to be more than just recycling diversion. We have an electronics e-waste program. We're also partnered in with eBay to help incentivize people for reducing."

Having recently crossed the million-home threshold, RecycleBank is aiming for sustained growth.

"I'd like to think that in three years we'll be in at least half of Canada, as well as the majority of the states," Nanda says. "Projections are very difficult to make, but based on our rapid growth so far, I think it's only going to accelerate, eventually reaching 10 or 20-million households."

And you don't even have to separate your glass, paper and plastic. RecycleBank does it all.

"We believe we have a product where — really — the sky is the limit."

5 great enviro iPhone applications

ROMINA MCGUINNESS
Metro World News

Metro found five iPhone apps to help you live a greener lifestyle

1 Pollution

Pulls in real time air pollution data from 1,380 cities worldwide — to see how clean the air you are breathing is. You can compare different forms of pollution — from air, radiation, water and earth and the results are plotted on a Google map.

2

The Green Book

The portal to the New York Times best seller that goes by the same name, this app is a series of useful



green tips that you can look up on a daily basis.

3

Good Guide

A green and ethical shopping guide whose database features some 50,000 products and states each one's green credentials. In some cases you can even scan the products barcode to see whether or not you should be buying it or not.

4

Commute greener

Volvo's carbon footprint tracking tool follows your weekly journeys — be it by foot, car, bicycle, or public transport. The app tracks down your greenhouse gas emission levels and gives you tips on how these can be reduced. It allows you to compare your "performance" with others.

5

Seasons

What will you be eating tonight, kale or spinach? Pineapples or strawberries? This app tells you which foods are in season so that you can be more conscientious about your choices of consumption. A bit like your very own eco chef, the app will help you devise a dinner based on locally sourced products.

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Head of Canwest's publishing division stepping down
Dennis Skulsky is stepping down as head of the publishing division of Canwest Global Communications Corp. in what he described Friday as a "very personal decision," but he'll still be involved in the next step in the newspaper company's restructuring and sale. **THE CANADIAN PRESS**

Business

DOLLAR

US **98.20¢**
(Friday's close)

N.GAS

US **\$4.4**
(Friday's close)

OIL

US **\$81.24**
(Friday's close)

TSX

12,013.82
(Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

China train lines **High speed in the U.S.**



China plans to bid for contracts to build U.S. high-speed train lines and is stepping up exports of rail technology to Europe and Latin America, Deputy Railways Minister Wang Zhiguo said Saturday. China has built 6,500 kilometres of high-speed rail for its own train system and U.S. President Barack Obama issued a pledge in November with his Chinese counterpart Hu Jintao to co-operate in developing the technology.

Canadian dollar flirts with parity

The latest inflation data could move the Canadian dollar even closer to parity with the U.S. dollar this week after a strong employment report Friday sent the loonie surging.

The currency ended the week at 98.2 cents U.S. and during the course of Friday trading came within about a cent and a half of parity — its highest level since July 2008. The loonie hasn't been level with the greenback since May 2008.

The reason for the currency's latest runup was a better than expected Canadian employment report for February. Statistics Canada reported that 21,000 jobs were created last month, better than the 15,000 that had been ex-

pected by many economists. The unemployment rate fell to 8.2 per cent from 8.3 per cent.

The report served to further convince currency traders that the Bank of Canada will move to raise interest rates mid-year.

And pressure on the dollar could build at the end of this week when the February Consumer Price Index is released.

"If we get a surprisingly high reading on that front, then expectations of Bank of Canada interest rates hikes will just build incredibly higher than expected," said Doug Porter, deputy chief economist at BMO Capital Mar-

kets.

"It sounds a bit counter-intuitive to see a strong inflation report being good for a currency, but that's the way currency markets read this at least over the short term is that strong inflation equals interest rate hikes which equals a more robust currency."

THE CANADIAN PRESS



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Apple rewards stand-in chief

BONUS Apple Inc. is giving its chief operating officer a \$5 million US bonus for "outstanding performance" running the compa-

ny while CEO Steve Jobs was on medical leave.

Timothy Cook, 49, will also receive 75,000 restricted stock units scheduled to

vest in 2011 and 2012. Jobs, 55, limits his salary to \$1 per year, which leaves Cook the highest-paid executive. **THE ASSOCIATED PRESS**

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Nortel makes profit on asset sales

EARNINGS Nortel Networks Corp., which is operating under court protection from creditors, said Friday it earned \$1.78 billion US in its latest quarter as it sold off assets and worked to wind down its operations.

The company said its profit amounted to \$3.34 per share for the quarter ended Dec. 31 compared with a loss of \$2.14 billion or \$4.28 per share a year ago. The results included \$689 million from the sale of its enterprise solutions business to Avaya Inc. and \$1.2 billion related to the sale of its wireless network business to Ericsson.

Nortel has been selling off its divisions after filing for creditor protection at the beginning of last year.

THE CANADIAN PRESS

2010

Tim Hortons Brier

EDITOR: DON.MCHOULL@METRONEWS.CA

Koe no longer in the shadows

MATTHEW WUEST
matthew.wuest@metronews.ca

Alberta has a new king atop Canadian men's curling.

Kevin Koe proved his worth in his first appearance at the Tim Hortons Brier, taking down previously unbeaten Glenn Howard of Ontario 6-5 in a thrilling extra-end final last night at the Metro Centre before a crowd of 7,233.

The 35-year-old skip out of Edmonton's Saville Sports Centre picked up where provincial rivals Kevin Martin and Randy Ferbey left off to claim Alberta's seventh Brier Tankard in the past decade. "It's a tough province," said Koe, a World Curling Tour star who has watched either Martin and Ferbey represent Alberta at the past 10 Briers.

"To follow up two of the great teams in Alberta, Kevin Martin and Randy

Ferbey, with a win, it's great."

Koe stepped out of the shadows of Martin and Ferbey with two key shots.

With Ontario trailing 5-4 and holding the hammer in the 10th, he knocked aside two opposition stones to Kevin Koe Howard to draw for just one.

Tied 5-5 in the extra end, Koe held the hammer and had a draw to the button for the win, and with a little help from his sweepers, whipped the crowd into a frenzy with a perfect shot.

Koe, who is joined by third Blake MacDonald, second Carter Rycroft and lead Nolan Thiessen, became the first rookie skip to win since Manitoba's Vic Peters in 1992 and the first to take the crown via the 3-4 Page playoff game.

"It's been a long time

coming to even get to a Brier," said Koe, who beat Ferbey in the provincial final while Martin stepped aside to focus on the Olympics.

"To come through in our first one and to beat Glenn Howard, one of the best in the world, just makes it feel that much better."

The 47-year-old Howard, competing at his 12th Brier, had three previous titles and one as skip in 2007. He went 12-0 before the final and conceded Koe made two "unbelievable shots."

"I can't describe it ... It's crap," Howard said. "I'm not a happy camper," he added.

Koe wins the first prize of \$40,000 and advances to the world championship in Italy.

"It's been a long time coming to even get to a Brier."

Kevin Koe



Alberta skip Kevin Koe, left, and lead Nolan Thiessen celebrate after defeating Glenn Howard's Ontario rink 6-5 in an extra end at the 2010 Tim Hortons Brier final at the Metro Centre.

BRIER GLANCE

Final round-robin standings and weekend playoff results from the 2010 Tim Hortons Brier at the Metro Centre:

PROVINCE (SKIP)	W	L
x-Ontario (G. Howard)	11	0
x-Northern Ont. (Jacobs)	9	2
x-Alberta (K. Koe)	8	3
x-N.L. (Gushue)	8	3
Manitoba (Stoughton)	7	4
Quebec (Ried)	5	6
Saskatchewan (McKee)	4	7
B.C. (Richard)	4	7
New Brunswick (Grattan)	3	8
N.S. (FITZNER-LEBLANC)	3	8
P.E.I. (MacDonald)	3	8
NWT/Yukon (J. Koe)	1	10

x — clinched playoff berth.

YESTERDAY'S RESULT

Alberta 6 Ontario 5 (extra end)

SATURDAY'S RESULT

PAGE PLAYOFFS

Three vs. Four

Alberta 6 Newfoundland & Labrador 5

Semifinal

Alberta 10 Northern Ontario 3

FRIDAY'S RESULT

One vs. Two

Ontario 8 Northern Ontario 6

All-star teams at the Tim Hortons Brier:

FIRST TEAM

Skip — Glenn Howard, Ont.
Third — Richard Hart, Ont.
Second — Brent Laing, Ont.
Lead — Nolan Thiessen, Alta.

SECOND TEAM

Skip — Brad Gushue, N.L.
Third — E.J. Harnden, N.O.
Second — Carter Rycroft, Alta.
Lead — Craig Savill, Ont.

Past Brier champions (skip in parentheses):

TIM HORTONS BRIER

2010 — Alberta (Kevin Koe)
2009 — Alberta (Kevin Martin)
2008 — Alberta (Kevin Martin)
2007 — Ontario (Glenn Howard)
2006 — Quebec (Jean-Michel Menard)
2005 — Alberta (Randy Ferbey)

NOKIA BRIER

2004 — NOVA SCOTIA (MARK DACEY)
2003 — Alberta (Randy Ferbey)
2002 — Alberta (Randy Ferbey)
2001 — Alberta (Randy Ferbey)

LABATT BRIER

2000 — British Columbia (Greg McAulay)
1999 — Manitoba (Jeff Stoughton)
1998 — Ontario (Wayne Middaugh)
1997 — Alberta (Kevin Martin)
1996 — Manitoba (Jeff Stoughton)
1995 — Manitoba (Kerry Burtrick)
1994 — British Columbia (Rick Folk)
1993 — Ontario (Russ Howard)
1992 — Manitoba (Mike Peters)
1991 — Alberta (Kevin Martin)
1990 — Ontario (Ed Werenich)
1989 — Alberta (Pat Ryan)
1988 — Manitoba (Pat Ryan)
1987 — Ontario (Russ Howard)
1986 — Alberta (Ed Lukowich)
1985 — Northern Ontario (Al Hackner)
1984 — Manitoba (Mike Riley)
1983 — Ontario (Ed Werenich)
1982 — Northern Ontario (Al Hackner)
1981 — Manitoba (Kerry Burtrick)
1980 — Saskatchewan (Rick Folk)

MACDONALD BRIER

1979 — Manitoba (Barry Fry)
1978 — Alberta (Ed Lukowich)
1977 — Quebec (Jim Ussell)
1976 — Newfoundland (Jack McDuff)
1975 — Northern Ontario (Bill Tetley)
1974 — Alberta (Hec Gervais)
1973 — Saskatchewan (Harvey Mazink)
1972 — Manitoba (Orest Meleschuk)
1971 — Manitoba (Don Duguid)
1970 — Manitoba (Don Duguid)
1969 — Alberta (Ron Northcott)
1968 — Alberta (Ron Northcott)
1967 — Ontario (Al Phillips, Jr.)

WITH FILES FROM
THE CANADIAN PRESS

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Fitzner-LeBlanc given sportsmanship award at Brier

MATTHEW WUEST
matthew.wuest@metronews.ca

ROUNDUP Ian Fitzner-LeBlanc isn't leaving the Tim Hortons Brier empty-handed.

The 25-year-old Mayflower skip, who went 3-8 on home ice at his first career Brier, was awarded the Ross Harstone Trophy yesterday after being chosen by his peers as the curler showing the best sportsman-

ship, observance of rules, exemplary conduct and ability.

Fitzner-LeBlanc, whose teammates are Stuart MacLean, Phil Crowell and Kent Smith, became the seventh Nova Scotian to win the award and first since Paul Fleming in 2001.

UNLUCKY NO. 7 Newfoundland and Labrador skip Brad Gushue came up short in

a bid for his first career win at the Brier, losing 6-5 to Alberta's Kevin Koe in Saturday's 3-4 Page playoff game.

The 29-year-old is now a seven-time Brier veteran, and although he has a gold medal from the 2006 Winter Olympics in Italy, national glory continues to elude him.

"It's tough, but you know what? I'm young,"

Gushue said. "So we've got a few more years. Hopefully, if we can keep playing at this level, we'll get another shot."

YOUNG GUNS SHOT DOWN Northern Ontario's Brad Jacobs was the biggest surprise at the Brier.

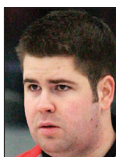
As the youngest skip of the youngest team, the 24-year-old guided his Sault Ste. Marie foursome to a 9-2 round-robin record and a spot in the 1-2 Page playoff game.

Although they bowed

out after playoff losses to Ontario's Glenn Howard and Alberta's Kevin Koe, the showing bodes well for the future.

"We're still going to hold our heads high," Jacobs said.

"This was the most thrilling experience for our team to date. I don't know, it just makes you want to get back here and win this thing so badly."



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The Dalhousie Tigers lost 16-14 in the fifth set to the Calgary Dinos in the Canadian Interuniversity Sport men's volleyball quarterfinals in Kamloops, B.C., on Friday. The Dinos rallied after losing the first two sets. **METRO NEWS SERVICES**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Top 5 finish for Conrad

Dartmouth's Sarah Conrad placed fifth in the women's half-pipe at a World Cup snowboard event yesterday in Almalenco, Italy. Conrad posted 33.0 points in the final.

METRO NEWS SERVICES



Gabriel Desjardins scored in the Mooseheads' 3-2 loss in P.E.I.

Moose end forgettable season with OT loss

QMIHL The worst season in Halifax Mooseheads history has ended with a resounding thud.

The Mooseheads lost their 13th straight game yesterday to the P.E.I. Rocket in Charlottetown, falling 3-2 in overtime to give them their worst losing streak of a miserable campaign. They also lost 6-4 to the Bathurst Titan on Friday.

Adam Polasek scored the game-winner on the power play at 1:21 of the extra frame. Gabriel Desjardins, with his 11th, and Tomas Knotek, with his 28th, scored for the Mooseheads and goalie Mathieu Corbeil made 19 saves.

The Mooseheads finished last among the league's 18 teams with a 13-48-7 record for 33 points. They set franchise lows for wins and points.

The Mooseheads tied the 2007-08 Drummondville Voltigeurs for the worst point total since the Rimouski Oceanic went 10-57-3 for 23 points in 2005-06.

METRO HALIFAX

Big second half sends Cape Breton to Final 8

It was the fairytale ending fans of the Cape Breton Capers dreamed of.

The No. 1-seeded Capers bounced back from a 14-point second-quarter to pummel the rival and second-seeded St. Francis Xavier X-Men 94-77 in the Atlantic University Sport Final 6 men's basketball championship before 4,261 mostly orange-clad hoops fans at Centre 200 in Sydney yesterday.

The Capers, who hadn't won a title since 1995, trailed 38-24 in the second quarter but narrowed the gap to 44-41 at the half and led 66-62 heading into the final quarter. That's when first-team all-star Jimmy Dorsey took over, nailing a trio of three-pointers as part of a 13-point fourth quarter en route to a game-high 35 points.

"They put the ball in my hands and I tried to do the best I could for the team," Dorsey said. "We really gutted this one out."

Dorsey, who also had 25 points in the Capers' semifinal win over the Dalhousie Tigers, earned Final 6 MVP for his efforts. "They responded and down the stretch we just gave the ball



Jimmy Dorsey of the Cape Breton Capers, right, dribbles around Will Silver of the St. Francis Xavier X-Men during the AUS Final 6 basketball championship in Sydney yesterday. Dorsey had a game-high 35 points in the Capers' 94-77 win.

to Dorsey and he took the game over," said Capers head coach Jim Charters. "He's a special player. He makes great decisions. Like I said to him after the game, 'You make my job pretty easy.'"

Halifax's Christian Upshaw, who won his second straight conference MVP last week, had 20 points for the X-Men. The Capers now advance to the CIS Final 8 in Ottawa next weekend.

CAPE BRETON POST

Huskies fall

• The Saint Mary's Huskies suffered a heartbreaking loss in Saturday's semifinals at the AUS Final 6. The Huskies fell 79-78 to the St. Francis Xavier X-Men, losing the game when conference MVP Christian Upshaw of Halifax hit two of three free throws for the X-Men after being fouled on a three-point attempt at the buzzer. In a game featuring 13 lead changes, the Huskies went up by one with four seconds remaining. Upshaw rushed the ball up the floor and was fouled by Huskies star Joey Haywood on a low-percentage shot. Upshaw missed his first free throw but hit his next two. "That last foul, I was pretty close up to him, but at the same time, how can you call a foul, 40 feet away from the basket in the corner with four seconds left?"

Haywood told EastLink television yesterday. "I thought we won the game. I was already headed to the bench. It was really, really tough." The Dalhousie Tigers lost 76-60 to the Cape Breton Capers in the other semi.

Rainmen end tough road trip

PBL The Halifax Rainmen are coming home in a mild slump. The Rainmen lost their third straight game on Saturday, falling 115-113 in overtime to the two-time defending Premier Basketball League champion Rochester RazorSharks. All three losses have come in overtime and all three have been on the road.

Although the Rainmen were closing in on first in the PBL three weeks ago, they have since fallen to 9-5 and have been all but mathematically eliminated from grabbing top spot. They are now in fourth, with the fifth-place Vermont Frost Heaves (6-7) quietly gaining round in the race for the final playoff spot. Tony Bennett broke his own franchise single-game record with 33 points but the RazorSharks won it with a three-pointer from Derik Hollyfield with 40 seconds remaining. The Rainmen return home Sunday to host first-place Puerto Rico.



Bennett

METRO HALIFAX

Lions pushed to brink by Pictou

HOCKEY The Halifax Lions are on the ropes in the Maritime Junior A Hockey League's Bent Division semifinals. The Lions were hammered 7-2 by the Pictou County Weeks Crushers last night in New Glasgow and now trail the best-of-seven series 3-2. Kyle Mariani and Kyle Dilosa scored for the Lions, who face elimination tomorrow in Game 6 at the Forum.

METRO HALIFAX

Sports in brief

CIS HOCKEY The Saint Mary's Huskies fell just short of their first medal at the Canadian Interuniversity Sport women's hockey championship. The Huskies

were outshot 44-9 in a 4-0 loss to the Wilfrid Laurier Golden Hawks yesterday in the bronze-medal game in Antigonish. Goaltender Jillian MacIsaac made 40

saves.

AUS Alex Legge of the Dalhousie Tigers women's basketball team has been named Atlantic University Sport's winner of the James

Bayer memorial scholarship. The fourth-year neuroscience student from Mahone Bay earns \$1,000 toward her education.

METRO NEWS SERVICES

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NASL headed to Ottawa?

Ottawa developer Neil Malhotra tells our footie columnist of his plans to bring an NASL franchise to Ottawa. The revelation is part of a bigger plan by the NASL to bring as many as six more Canadian teams into the league after 2012. Read Ben Rycroft's column at metronews.ca/justsoccer. **METRO NEWS SERVICES**



Jays close in on Cuban: Report

Toronto nearing \$10M deal with shortstop coveted by Yankees

The Jays are close to signing 21-year-old Cuban defector Adeinis Hechavarria for a \$10-million US bonus that would tie him to the team for four years, according to George King in yesterday's edition of the New York Post.

The free-spending Yankees were considered front-runners for the shortstop but, according to King, Hechavarria's mind was changed because of the reported contract extension being negotiated by New York captain Derek Jeter.

"Especially when it comes to free agents, whether they're Latin

American or real free agents, opportunity is a big component of it," a vague and non-committal Jays general manager Alex Anthopoulos explained while refusing to confirm his interest in the prospect.

"Anyone that you look to sign is going to check the landscape and see who's competing in front of them and so on, where the opportunity can lie to get to the big leagues as fast as you can."

The Jays have been looking for an everyday shortstop since Alex Gonzalez departed the scene in the winter of 2001.



"I can't get into specifics, but everyone knows we've been looking for young, talented players, especially in the middle infield," Anthopoulos said. "We've been trying to get a shortstop, adding more depth and getting more

prospects. We need to be involved in more of those guys and evaluating them."

The Jays were reported to be among the final four teams in the running for left-hander Aroldis Chapman, another Cuban, who eventually chose the Cincinnati Reds. Since then, the Jays are reported to have staged a private workout in the Dominican Republic for Cuban first baseman J.J. Ruiz, who remains unsigned, and now have their sights set on Hechavarria, who at six-foot-one, 170 pounds, is being compared to Alfonso Soriano. **TORSTAR NEWS SERVICE**

LaDainian Tomlinson headed to Jets after signing 2-year deal

NFL The Jets have signed running back LaDainian Tomlinson to a two-year contract, adding an aging star to an offence that ranked No. 1 in rushing last season.

Tomlinson's agent, Tom Condon, confirmed the deal last night.

"He wanted to go a team that he thought had a chance to compete for the championship," Condon told the AP. "He wanted to go somewhere where he had a chance to have a significant role, and so with the Jets, he also was going to be very familiar with the offensive system."

The Jets reached the AFC championship game last season, eliminating

Quinn to Broncos

• The Cleveland Browns have traded quarterback Brady Quinn to the Denver Broncos for fullback Peyton Hillis and a 2011 draft pick. The teams announced the trade yesterday and said the deal is pending physicals.

ing Tomlinson and the Chargers along the way.

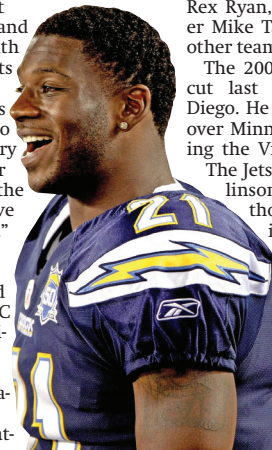
Tomlinson spent Friday with the Jets, capping it with dinner with coach Rex Ryan, general manager Mike Tannenbaum and other team officials.

The 2006 NFL MVP was cut last month by San Diego. He chose New York over Minnesota after visiting the Vikings Thursday.

The Jets went after Tomlinson hard even though he turns 31 in June and is coming off his least productive season.

THE ASSOCIATED PRESS

LaDainian Tomlinson



SCOREBOARD

NHL YESTERDAY'S RESULTS

N.Y. Islanders 4 Toronto 1
Colorado 5 Dallas 3
Minnesota 4 St. Louis 2
Nashville 3 Los Angeles 2
N.Y. Rangers 3 Philadelphia 1
Phoenix 3 Atlanta 2 (SO)
Pittsburgh 2 Tampa Bay 1
Washington 4 Chicago 3 (OT)
San Jose at Anaheim
Calgary at Vancouver

TODAY'S GAMES

Boston at New Jersey
Edmonton at Columbus
Detroit at Calgary

Sports in brief

BECKHAM David Beckham will miss the World Cup and most if not all the Los Angeles Galaxy season after tearing his left Achilles' tendon yesterday while playing for AC Milan. His international career for England is all but over. It remains to be seen how much he'll have left for the Galaxy and Major League Soccer. "He will miss the

World Cup for sure," a person familiar with the injury told The Associated Press, speaking on condition of anonymity because an official announcement had not been made.

PARALYMPICS Make it three medals for Canada at the Paralympic Games. Colette Bourgonje captured Canada's first medal yesterday, then

Vivian Forest and Josh Dueck added to country's medal haul shortly after. Bourgonje, from Saskatoon, won silver in the women's 10-kilometre sit-ski cross-country, finishing the race in 31 minutes 49.8 seconds to become the first Canadian to win a Paralympic medal on home turf.

METRO NEWS SERVICES

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Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

UBC tops Webometrics ranking

The University of British Columbia is the highest-ranking Canadian institution in Cybermetrics Labs' biannual Webometrics Ranking of World Universities, which measures universities' performance and impact through their online presence. UBC placed 35th overall. The other Canadian universities to make the top 100 are uToronto (36), SFU (61), uAlberta (67), uMontréal (75), McGill (78), and uWaterloo (97). METRO NEWS SERVICES

Draw the line in work and life

SYLVIA PUTZ
for Metro Canada

Bringing work home regularly from the office is something many of us do—about 50 per cent, according to a recent University of Toronto work-life study. And not surprisingly, it intrudes into our personal lives.

"Nearly half the population reports that people bring work home 'sometimes' or 'frequently,' which is particularly concerning given that the negative health impacts of an imbalance between work life and private life are well documented," said University of Toronto sociology professor and lead researcher Scott Schieman.

Schieman and his colleagues measured the extent to which work was interfering with personal time using data from a national survey of 1,800 workers. They found it to be high among several types of workers, including those employed in "high-status" areas, and those who work in stressful workplaces.

The high-status workers reporting interference are ones with job authority, high job skills, high personal earnings, and decision-making latitude. These are people who are more likely



To obtain a better work-life balance, one should always separate their work life and their home/family life.

to be university or college-educated, or to be professionals, such as lawyers or doctors.

"People who are well-educated, professionals and those with job-related resources report that their work interferes with their personal lives more frequently, reflecting what we refer to as 'the stress of higher status,'" reports Schieman.

In fact, a high-status worker who puts in long

hours (50 hours or more per week) and has some or complete control over their work schedule is associated even more strongly with work interference at home.

High-status workers may have benefits and perks associated with their jobs, and that may help soften the impact of taking work home, but it doesn't change the reality that work often takes a large bite out of their personal life, says Schieman.

Another type of worker who has a high level of work interference into their private life is one who works in a stressful work environment with problems such as interpersonal conflict, job insecurity, or a high-pressure situation. These workers don't have much power to set the pacing of their work.

If you are in this unenviable position, you may want to renegotiate the timing of your work.

Better balance

- Here are some tips for a better work/life balance:
- Look after your health first. Get enough sleep, eat regularly and choose healthy food options, take time out for relaxation and exercise at least three times a week;
- Schedule "me" time regularly to get away from it all. Even an hour a week is important to decompress and regain perspective;
- Manage your time more effectively by creating to-do lists, prioritizing tasks, and setting time limits;
- Learn to say no;
- Separate work and family life;
- Use your annual leave;
- Obtain a flexible employer;
- Consider taking a career break or a "sabbatical" leave when needed.

"Note that excessive pressures are less problematic for those with control over the pace of their work," says Schieman.

And when that isn't the case, such as it is among some high-status workers, it may help to "recognize that sometimes higher-status work is a key contributor to stress that results in a work-family imbalance," he says.

Paradigm Shift: The Smartphone

BookReview

BlackBerry

Author: Rod McQueen

Publisher: Key Porter Books

Price: \$32.95

One morning over brunch, a friend of mine brought up how much our lives revolve around our BlackBerry.

We reminisced about our difficult lives B.C. (Before Cellular). While it is an incredibly powerful tool that has changed the way we communicate, what's most incredible is the story of the BlackBerry.

Biographer Rod McQueen guides us through the birth of Research In Motion, a company that began with a \$15,000 loan from the bank of mom and dad. That is a pretty good return on investment, fast forward to 2010 with the company pulling in over \$15 Billion in annual revenue.

Its hardly an argument that RIM Co-CEOs Jim Balsillie and Mike Lazaridis are beyond smart. Its no wonder they created the Smart Phone market, something they did alone while everyone else piled into the crowded cellular phone sand box.

—CRAIG LUND

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

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Ask the BlackBerry guru

OddJobs

Diane Peters

Metronews.ca/oddjobs

When anyone in Darcie LaRocque's family got a gift that required assembly — a fish tank, a piece of electronics — she'd always be the one to put it together.

Her technical prowess showed up again when, as an adult, she worked at a bank and showed all her co-workers how to better use their computers' software. When the bank got bought out by a larger one,

she took a buyout and went back to college to study computer systems management.

After graduation, LaRocque — who is 45 now and was in her 30s when she changed careers — got hired by Vancouver Coastal Health in its information technology department. She enjoyed implementing new hardware and software, but not leaving staff to learn things on their own.

"The training was scant, if you gave any at all."

She helped the company set up its executives on BlackBerrys in 2001. But everyone had questions. "I was inundated every time I left my office with 'How do you do this?'" recalls LaRocque.

LaRocque began running

classes every two weeks. "They were full classes and everyone raved about it."

In 2007, convinced that training Darcie LaRocque on the mobile device was so badly in need elsewhere as well, LaRocque quit her job and started Swirl Solutions out of her home.

Through her contacts, LaRocque soon found businesses to hire her for two- or three-hour workshops on basic, advanced and money-saving BlackBerry skills training.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Trading Places

Ryan Reynolds and Jason Bateman will switch bodies in a new buddy comedy movie. The pair has signed to play a family man and his lazy pal in *The Change-Up* — written by the scribes behind *The Hangover*. FEMALEFIRST.CO.UK

15

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

Haim death probed

Actor's name found on prescription linked to drug ring

The name of the late Toronto-born actor Corey Haim was found on a fraudulent prescription for a powerful painkiller that authorities said Friday was obtained through a major drug ring.

California Attorney General Jerry Brown's office said records of the prescription in the name of the former teen heartthrob were found during an investigation of the ring that illegally obtained prescription pads and used the stolen identities of doctors to fill them out.

"Corey Haim's death is yet another tragedy linked to the growing problem of prescription drug abuse," Brown said in a written statement. "This problem is increasingly linked to criminal organizations, like the illegal and massive prescription drug ring under investigation."

Los Angeles County coroner's officials, however, said they have not yet determined what killed the 38-year-old Haim last week. The actor is expected to be buried at a private funeral in Toronto, which could take place as early as today.

State law enforcement authorities said they were investigating the drug ring and how the name of Haim, who battled addiction for years, appeared on the prescription.

Javier Salaiz, an investigator with the state attorney general's office, said authorities have not yet confirmed that Haim actually filled the prescription or if someone was using his name to acquire the prescription.

However, a person familiar with the investigation who spoke on condition of anonymity because the case is ongoing said Haim may have been doctor shopping.

Assistant Chief Coroner

"Corey Haim's death is yet another tragedy linked to the growing problem of prescription drug abuse." Jerry Brown



A funeral for actor Corey Haim will take place in Toronto this week.

Funeral costs

- Corey Haim's family started a collection to help pay for a funeral for the former teen star, but it appears they won't have to worry about it. Memorabilia company Startfacts has agreed to cover the cost of the funeral, headstone and transport using profits from Haim memorabilia the company is auctioning off, according to TMZ.

Ed Winter said four prescription drug bottles bearing the actor's name were found in the apartment where he collapsed, but all those drugs had been provided by a doctor who had been treating the actor.

The coroner's office has declined to state what medications were discovered, but said no illegal drugs were found.

Winter said no determination had been made about Haim's cause of death, and toxicology tests would not be available for at least a month.

He said he had not been contacted by the attorney general's office.

"It surprises me that Jerry Brown would come out and give a cause of death," he said.

Brown said later in an interview that he didn't know what killed Haim.

The illegal prescription

was for the powerful painkiller OxyContin, he said.

"This is a growing and dangerous problem," Brown said.

Christine Gasparac, a spokeswoman for Brown, said the prescription was found through the state's computer database that tracks prescriptions that are filled.

Investigators believe the ring either sells the pads on the street to addicts or to people who then fill out the forms and obtain the drugs for illegal distribution.

Doctors whose names are on the form usually aren't aware that their identity is being used illegally.

Haim's agent, Mark Heaslip, said his client's medications were prescribed by an addiction specialist who was working with the actor. He said he thinks, based on what Haim's mother has told him, the actor may have had an adverse reaction to the medication because he was ill.

"I don't think Corey overdosed, not at all," Heaslip said.

Authorities have said Haim was suffering from flu-like symptoms in the days before his death.

Seattle-based Heaslip has served as Haim's agent for 18 months but first met the actor, best known for

Stooges finally gain entry into rock hall

Iggy Pop was starting to feel like the Susan Lucci of rock 'n' roll.

Just as the veteran soap actress believed she might never win a Daytime Emmy, the godfather of punk was certain his groundbreaking band The Stooges wouldn't ever earn a spot in the Rock and Roll Hall of Fame.

Well, as it turns out, Lucci got her gold statue on the 19th try. And Iggy and the boys finally are getting their shot to search and destroy at today's induction ceremony, on their eighth attempt.

"At least I won't be nominated anymore," Pop said, laughing. He believed The Stooges never would get into the Rock Hall "right up until the day before somebody called me."

"I kept telling the guys over and over: 'We're not gonna get in, guys.' Yeah. I was absolutely sure of that."

It's hard to say exactly what turned the tide in voter sentiment, but Pop points to three possibilities: the band's long streak



Iggy Pop

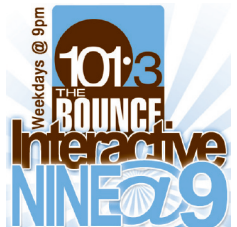
of rock hall futility, the January 2009 death of founding member Ron Asheton and ... Madonna.

The Stooges honoured their fellow Michigan native by performing rocking versions of two of her hits — Burning Up and Ray of Light — on the night of the 2008 Rock and Roll Hall of Fame induction ceremony.

Pop says the gig helped provide some much-needed exposure for a band that wasn't really heard from for 30 years.

"I thought, 'Well, some of the people there will see that we don't have horns. We're not gonna breathe fire on the tables or anything,'" he said.

THE ASSOCIATED PRESS



For March 12th

- 9 Hedley - Perfect
- 8 Young Money Ft Lloyd - Bedrock
- 7 Jay Z - Young Forever
- 6 Rihanna - Rude Boy
- 5 Down With Webster - Your Man
- 4 Boys Like Girls - Two Is Better Than One
- 3 Ke\$ha - Blah Blah Blah
- 2 Justin Bieber Ft Ludacris - Baby
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Prosecutors say a man has pleaded no contest to receiving a Rolex watch stolen from Orlando Bloom's house during a spate of celebrity burglaries. Jonathan Ajar entered the no contest plea Friday and will be sentenced on April 15. **THE ASSOCIATED PRESS**

That Bieber's a tweet thing

Canadian teen sensation dominates Twitter conversation

Canadian teen heartthrob Justin Bieber is the most talked about person on Twitter, and nearly the most talked about topic, period.

Bieber-mania is growing on Twitter and is creating a deafening crescendo of chatter that is rising above virtually every other conversation on the social media site, which sees 50 million tweets posted daily.

Last week, the 16-year-old pop singer from Stratford, Ont., was the No. 1 most-tweeted about topic, according to the tracking website whatthetrend.com, and this week he fell just short of the top spot and settled for second behind a little event called the Oscars.

Bieber has been on Twitter almost a year but it wasn't until January that his popularity growth really started registering, said Ingo Muschenetz of What The Trend.

He started out the year around seventh in the



Last week, Canadian pop singer Justin Bieber was the No. 1 most-tweeted about topic.

weekly Twitter reports and now is consistently dominating the list of the most talked about people.

"He is very, very popular on Twitter, he ranks No. 1,

easy," Muschenetz said.

"He's certainly No. 1 unless something else comes along, like when the earthquake in Haiti happened that took the No. 1 spot for

a few weeks.

As of mid-Friday, Bieber was ranked among the Top 140 most popular Twitter users but his numbers of followers are multiplying

On Twitter

- You can follow Justin Bieber at @justinbieber.

daily.

He averages about 11,000 new followers every day, which on Friday helped him pass the Twitter accounts of the influential tech blogs TechCrunch and Silicon Alley Insider.

However, it would take months for Bieber to approach the Top 10, an elite company of Twitter users with more than three million followers, such as Lady Gaga, John Mayer, Oprah Winfrey, Barack Obama, Ellen DeGeneres, Britney Spears and top dog Ashton Kutcher.

Bieber may be far behind that group with almost 1.37 million followers but he's got a shot at eventually catching them, said Muschenetz.

THE CANADIAN PRESS

Weekend box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theaters, according to Hollywood.com:

- 1 Alice in Wonderland:** \$62 million US
- 2 Green Zone:** \$14.5 million
- 3 She's Out of My League:** \$9.6 million
- 4 Remember Me:** \$8.3 million
- 5 Shutter Island:** \$8.1 million
- 6 Our Family Wedding:** \$7.6 million
- 7 Avatar:** \$6.6 million
- 8 Brooklyn's Finest:** \$4.3 million
- 9 Cop Out:** \$4.2 million
- 10 The Crazies:** \$3.7 million

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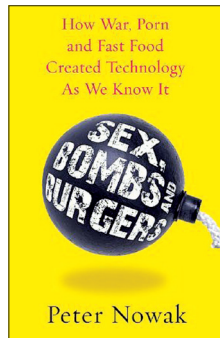
BOOK FEATURE Him Peter Nowak. Him write book. You read after smite enemy, eat meat and make sex.

The CBC senior science and technology reporter's book *Sex, Bombs and Burgers: How War, Porn and Fast Food Created Technology As We Know It*, is a decidedly more erudite tome than any cave-man could express, but the argument is as primal as it is compelling.

Humanity makes the most advances when it engages the basest of instincts — fighting, screwing and finding easier ways to eat. Nowak documents how major technological breakthroughs over the past 60 years have been achieved through the billion-dollar military, pornographic and fast food industries.

Nowak's epiphany for the book came from an unlikely source, namely the Paris Hilton sex clip making its rounds online with some six years ago.

While other viewers watched the video for its high drama and thrilling climax, Nowak paid attention to the footage characteristics — filmed with the same green-hued night-vision technology used dur-



ing Operation Desert Storm.

"I remember looking at that thinking, 'Where have I seen this before?'" says Nowak.

"And it occurred to me that it was when the U.S. tried to liberate Kuwait from Iraq, watching missiles getting fired off in night vision. And it sort of crystallized for me there, that this was a pretty good link from military to consumer technology. And then I started looking into other things. Military technology comes up with something, and a few years later, we're all using it."

Look no further than items you use everyday for more examples of gadgets rooted in military application.

A component of the earliest microwave was first

used in the creation of a nation-wide radar system that defended Britain against German air attacks in the Second World War.

What we now know as the Internet can trace part of its origins as a means of quick, easy communication for soldiers in the battlefield, then perfected by the porn industry with the dissemination of online videos and promotions.

Spam (the food product), along with flash-frozen potatoes (the kind you might find in instant mash mixes or French fries at fast food outlets) were ideal foods for war efforts, as they were cheap, traveled well and didn't spoil easily. Such foods, though not the healthiest, revolutionized processing techniques that we still use today.

We're also building better robots through our lechery, Nowak argues. The porn industry, more eager to embrace new, untried means of entertainment than Hollywood, is at the forefront of technology.

The Real Touch sex toy, a device shaped like a woman's hips that attaches onto the penis, uses haptic technology, currently under experiment for the construction of artificial limbs, and is being considered for motion-sensitive chairs in big-budget theatres.

The 'Socalled' film

Documentary on musician debuts on YouTube

The National Film Board of Canada will debut a documentary about Montreal-based musician Socalled on YouTube in the U.S. this week.

The "Socalled" Movie will be available to Americans on the YouTube Video Rental Service on Tuesday.

That's the same day Socalled — who was born Josh Dolgin in Ottawa — performs at the South By Southwest festival in Austin, Texas.

This is the first time the NFB, which co-produced the "Socalled" Movie with reFrame Films, has made such a deal with YouTube.

The NFB says the collaboration was a perfect fit for this particular movie since Socalled — who fuses music from different cultures and eras — has a strong presence in the U.S. and is a hit on YouTube.

The YouTube Video Rental Service launched at the recent Sundance Film Festival and isn't yet available to Canadians.

The NFB says a Canadian



A documentary about Ottawa-born, Montreal-based musician Socalled, a.k.a. Josh Dolgin, will debut in the U.S. on Tuesday.

theatrical rollout of The "Socalled" Movie will be announced later this year.

In the past, the NFB has programmed its own YouTube channel and featured some of its animation on YouTube's online screening room.

It's also collaborated with YouTube on an online short-film competition at the Cannes Film Festival.

The "Socalled" Movie, directed by Garry Beitel, was shot in Montreal, New York, France and Ukraine.

THE CANADIAN PRESS

Leno's first week is a ratings hit

TELEVISION After a smashing return, Jay Leno appears headed to a battle with David Letterman for late-night television supremacy.



Jay Leno

The Nielsen Co. says Leno averaged 5.6 million U.S. viewers last week, his first back at NBC's The Tonight Show following the ill-fated prime time experiment. Letterman had 3.7 million at CBS. Leno took advantage of curiosity over his return and a strong lineup of guests, including Olympic stars and Sarah Palin. It was a half-million more than he averaged his last season at Tonight.

It's been much closer the second week. Through four nights, Leno is averaging 4.3 million viewers and Letterman has 4 million.

Considering Leno usually beat Letterman by a million and a half during their last season of competition, that's a sign of erosion for NBC's late-night franchise. Letterman consistently beat Conan O'Brien after O'Brien took over last year.

THE ASSOCIATED PRESS

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/15/10	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	20/20 (HDTV) Behind the scenes of "The Bachelor" (N)	Gossip Girl (HDTV) (N)	Law & Order	Castle
	7	7	7	ASN	The Road to Avonlea	Degrassi: TNG	TMZ (N)	Castle (HDTV)	Castle (HDTV)	CBC News: The National	The Hour	The Journal
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	18 to Life (N)	Little Mosque	Hockeyville on CBC: 2010	Les Boys (SC)	C.A. (N) (SC)	The Téléjournal
	2	2	2	CBC-F	Pyramide (SC)	La force	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	Les Boys (SC)	C.A. (N) (SC)	The Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	How I Met	Engagement	Big Bang Th	CSI: Miami
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	Rachid	Mtl	Yamaska (HDTV) (N) (SC)	Toute la vérité (N) (SC)	TVA nouvelles	News Final (N)
	6	6	6	CHIF	Entertainment	ET Canada	Brothers & Sisters (N)	House "Black Hole" (N)	House "Black Hole" (N)	24 (HDTV) (N)	News Final (N)	CTV News
	9	9	9	CJCH	etalk	Access H.	CSI: Miami (HDTV)	Hiccups (N)	Dan for Mayor	TwoHalf Men	Big Bang Th	CTV News
	10	10	10	ELTV	Face to Face	Fishing	Sportsland (Live)	Face to Face	Sportsland	University Basketball	University Basketball	University Basketball
	36	36	36	FOX	Seinfeld	The Simpsons	TwoHalf Men	TwoHalf Men	House "Black Hole" (N)	24 (HDTV) (N)	24 (HDTV) (N)	Fox First
prime time	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	Chuck (HDTV) (N)	Trauma "Protocol" (N)	Law & Order	Law & Order
	29	29	29	NW	(6) Power & Politics	(6) Power & Politics	The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	Connect with Mark Kelley (N)	CBC News: The National	TBA	TBA
	4	4	4	PBS-B	PBS NewsHour (N)	PBS NewsHour (N)	Greater Boston	Viewers' Favorites	Viewers' Favorites	Viewers' Favorites	Viewers' Favorites	Viewers' Favorites
	35	35	35	PBS-D	PBS NewsHour (N)	PBS NewsHour (N)	Business Rpt.	Worldfocus	Detroit: The Jewish Community	Detroit: Remember When II	Detroit: Remember When II	Detroit: Remember When II
	68	68	68	TQS	Guerre clans	Atomes croch	Big Brother QC	Rire et délire	CSI: NY "Tris sélectifs" (SC)	Le Mentaliste (N) (SC)	L'Attaque à 5	L'Attaque à 5
	23	23	23	BNN	Business News	Headline	Market Call Tonight	MoneyTalk	Market Call	Squeeze Play	Business News	Business News
	18	18	18	CNN	(6) The Situation Room With Wolf	Blitzer (N)	The Golf Fix (Live)	Haney Project	Haney Project	Larry King Live (N)	Cooper 360	Cooper 360
	54	54	54	GOLF	Golf Central	Play Lessons	Skilling FIS Ski Cross.	The Rookies	Skilling	Billiards: US Open 9 Ball	The Golf Fix	The Golf Fix
	52	52	52	RSE	Connected W-Prime Time	Covers Experts	RaceNight	(10:15) WWE Monday Night RAW	(10:15) WWE Monday Night RAW	Billiards: US Open 9 Ball	Sportsnet Con.	Sportsnet Con.
	55	55	55	SCOR	HSR	Covers Experts	RaceNight	(10:15) WWE Monday Night RAW	(10:15) WWE Monday Night RAW	Billiards: US Open 9 Ball	Sportsnet Con.	Sportsnet Con.
news	45	45	45	SPD	Barrett-Jackson 2010	NASCAR	NASCAR Hub	Fast Track to Fame (HDTV)	NHL Pregame	NHL Hockey	NASCAR	NASCAR
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	World Poker Tour: Season 7	NHL Pregame	NHL Hockey	NASCAR	NASCAR
	43	43	43	FAM	Han. Montana	Jonas	Wizards-Place	Suite Life	Sonny-Chance	Han. Montana	Ned's School	Ned's School
	44	44	44	TOON	Johnny Test	Johnny Test	Scoby-Dool The Mystery Begins (2009, Comedy)	Sanctuary "Kush"	Sanctuary "Kush"	Sanctuary "Kush"	American Dad	American Dad
	26	26	26	TREE	Guess-Jess	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Little Bear	Little Bear
	27	27	27	YTV	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	Family Biz	Family Biz
	16	16	16	A&E	The First 48	Criminal Minds (HDTV)	Mishkuenita	Shaputuan	Le voyage de Sara	Who's Your Caddy? * (2007, Comedy), Terry Crews	Rip-Runway	Rip-Runway
	70	70	70	APTN	APTN National News (N)	106 & Park: BET's Top 10 Live	Emily of New Moon	Unstable	Unstable	Unstable	Unstable	Unstable
	50	50	50	BET	106 & Park: BET's Top 10 Live	Emily of New Moon	Unstable	Unstable	Unstable	Unstable	Unstable	Unstable
	37	37	37	BRVO	Emily of New Moon	Unstable	Unstable	Unstable	Unstable	Unstable	Unstable	Unstable
sports	25	25	25	CMT	Just for Laughs	W-FIVE	Canada's Worst Handyman	Extreme Makeover: Home	Death or Canada (HDTV) Irish-famine migration.	Buffy the Vampire Slayer	mtm10.ca	mtm10.ca
	17	17	17	MM	Buffy the Vampire Slayer	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca
	19	19	19	MMM	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca	mtm10.ca
	201	201	201	M1	The Ugly Truth (7:20) Son of Rambow (2007, Comedy)	Ghost Hunters	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne
	48	48	48	OLN	Mantracker	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld
	51	51	51	PEACH	The Gate	(7:40) The Red Violin *** (1998, Drama) Samuel L. Jackson.	24 Heures en 60 minutes	Love Notes (2007, Drama) Laura Leighton, Antonio Cupo.	Love Notes (2007, Drama) Laura Leighton, Antonio Cupo.	Love Notes (2007, Drama) Laura Leighton, Antonio Cupo.	Love Notes (2007, Drama) Laura Leighton, Antonio Cupo.	Love Notes (2007, Drama) Laura Leighton, Antonio Cupo.
	67	67	67	RDI	Trailer Park	Trailer Park	Rich Bride Poor Bride	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager
	39	39	39	SHOW	Trailer Park	Trailer Park	Rich Bride Poor Bride	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager
	40	40	40	SLICE	Whatever	Wedding SOS	Stargate SG-1 "Frozen"	UFC Unleashed	TNA Epics "X-Division" (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)
	47	47	47	SPACE	Stargate SG-1 "Frozen"	UFC Unleashed	TNA Epics "X-Division" (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)
family	14	14	14	SPIKE	CSI: Crime Scene Investg.	UFC Unleashed	TNA Epics "X-Division" (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)	TNA Wrestling (HDTV) (N)
	98	98	98	ST	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show	Our Little Life	Our Little Life	Our Little Life
	21	21	21	TLC	Say Yes-Dress	Say Yes-Dress	Our Little Life	Our Little Life	Our Little Life	Our Little Life	Our Little Life	Our Little Life
	34	34	34	TROP	Carlawood	Prod. Parker	Re-Vamped	Wipeout (N)	Wipeout (N)	Wipeout (N)	Wipeout (N)	Wipeout (N)
	20	20	20	TVS	Que-champion	Journal de Fr2	Les Carnets du bourlingueur	Des racines et des ailes	Des racines et des ailes	Des racines et des ailes	Des racines et des ailes	Des racines et des ailes
	28	28	28	V	Doc "Daddy Dearest"	Murder, She Wrote	Cold Case	Supernanny	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)
	60	60	60	WIVA	Mediums	Ghostly Enc.	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell
	22	22	22	W	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell
	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)
	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)
cable variety	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)
	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)
	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)
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	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)
	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)
	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)
	251	251	251	WGN	WGN Evening News	TwoHalf Men	Family Guy	Life Unexpected (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)	Gossip Girl (HDTV) (N)

Police have arrested a 16-year-old male in connection with the break-in at Susan Boyle's home in Scotland, BBC News is reporting. The singer got a scare when she arrived home on Jan. 26 to find the uninvited guest. **METRO NEWS SERVICES**

Celebrity Buzz

Jonesing for a Jonas

HAVEN'T YOU LISTENED TO TAYLOR SWIFT'S ALBUM? Demi Lovato has confirmed longstanding rumours she's dating Joe Jonas, calling the Jonas Brothers star "perfect" and "incredible," femalefirst.co.uk reports.

The Disney sensations grew close after appearing together in movie-musical Camp Rock in 2008. They sparked rumours of a romance in October when they were spotted on a double date at a Toronto restaurant with Joe's older brother Kevin and his now-wife Danielle Deleasa.

Lovato dismissed reports of a relationship back in November, insisting they "don't have feelings for each other in that way."

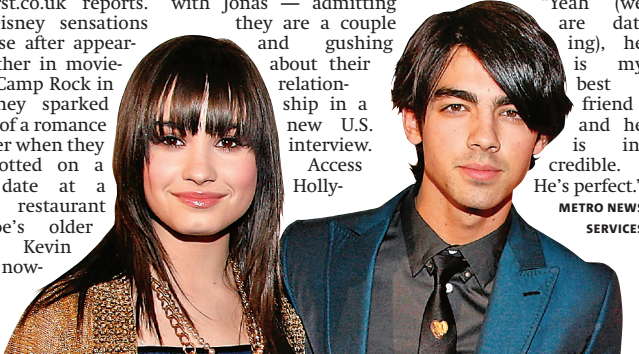
But she has now come clean about her romance with Jonas — admitting they are a couple and gushing about their relationship in a new U.S. interview. Access Hollywood

wood's Billy Bush asked, "So you guys went from boyfriend-girlfriend to best friends?"

Lovato said, "No, kind of the opposite."

She added, "Yeah (we are dating), he is my best friend and he is incredible. He's perfect."

METRO NEWS SERVICES



The kids are tech savvy

SO HE'S AN INTERNATIONAL ACTION MOVIE HERO, NO BIGGIE Matt Damon may be famous around the world, but it isn't that way at home.

"The 11-year-old obviously knows. She

hasn't seen all the movies but has seen enough to know that's what I do," he says, according to Hollyscoop.

"The little ones don't have any idea — we're trying to keep it that way."

"It's more and more possible now

with the prevalence of video cameras and technology, iPhones and Black Berrys.

"Kids are used to seeing their own images on screens."

"So when they see me on a screen, it kind of makes sense for them. 'Yeah, he's on that TV and I'm on this laptop.'"

METRO WORLD NEWS

Everyone take a chill pill

BUT TO BE FAIR, A PRECEDENT HAS BEEN SET HERE, LADY Jennifer Aniston insists she isn't dating The Bounty Hunter co-star Gerard Butler, and she finds it fascinating that people always try to link her to her co-stars.

"Gerry is lovely, he's a real nice guy," she says, according to Hollywood Grind.

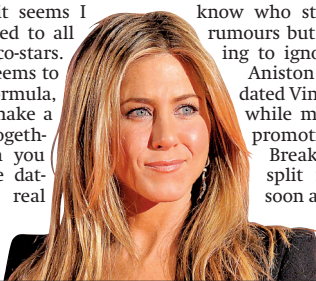
"But it seems I get linked to all my co-stars. There seems to be a formula, if you make a movie together, then you must be dating in real life."

"I don't

know who starts those rumours but I'm learning to ignore them."

Aniston famously dated Vince Vaughn while making and promoting The Break-Up, but split from him soon after.

METRO NEWS SERVICES



There is no sibling for Suri

SHE'S JUST ROCKING THE EXTREMELY BAGGY CLOTHES TREND. THAT'S A TREND, RIGHT? A representative for Katie Holmes has dismissed reports the actress is expecting her second child with husband Tom Cruise, femalefirst.co.uk reports.

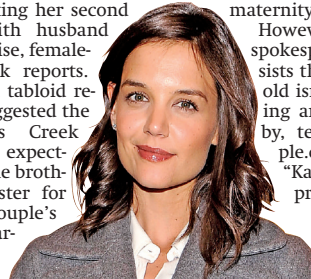
Recent tabloid reports suggested the Dawson's Creek star was expecting a little brother or sister for the couple's three-year-old

daughter, Suri.

Holmes was seen visiting a doctor's office, and photos of her surfaced with a bloated stomach wearing what appeared to be maternity clothes.

However her spokesperson insists the 31-year-old isn't expecting another baby, telling people.com: "Katie is not pregnant."

METRO NEWS SERVICES



Her manager has intuition

IT'S TELLING HIM HE'S GOING TO MAKE A LOT OF MONEY OFF OF HER Skeptics, beware: Aiden Chase knows what you're thinking, and it's not just because he's psychic, people.com reports.

The new manager for Heidi Montag accepts and understands that not everybody's onboard with his profession — he's called a "healer and intuitive" — and he's OK with that.

In fact, he's in the OK business.

He helps people

feel better about themselves and guide their futures — futures, he says, he can often see.

He also says he has the ability to communicate with spirits, including dead celebrities.

METRO NEWS SERVICES



A role model for the ages

ESPECIALLY WHEN HER TEETH FALL OUT Jessica Simpson isn't one for dental hygiene, since the singer insists she gets by without it.

"I don't brush my teeth. No, really," Simpson tells iheartRadio.com in an interview.

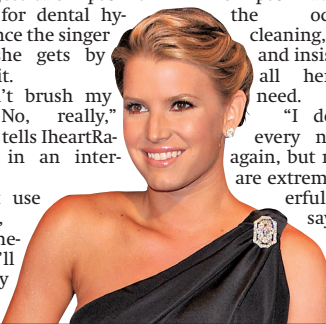
"I just use Listerine, and sometimes I'll use my

sweater."

Simpson admits to the occasional cleaning, though, and insists that's all her teeth need.

"I do brush every now and again, but my teeth are extremely powerful," she says.

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

KATY PERRY used to get excited by fumigation, **ELIZABETH TAYLOR** is defending Kathy Ireland, and **JONATHAN ROSS** doesn't want to hurt his dogs.

@katyperry

When you were kid did you ever mistake those houses that had termite coverings on them... As the circus came to town? I did.

@DameElizabeth

I heard that some scum magazines, print and internet trashed Kathy Ireland on Oscar Red Carpet night. These rags said, to quote them, "She was either stoned or drunk and looked pregnant" — what???? They must be the ones on drugs.

@wossy

Are sausages bad for dogs? We have left overs from last night — They love 'em but I heard someone tsk once when I gave a bit to Pickle.

METRO NEWS SERVICES



'Cause breaking up is hard to do

BUT WORKING ON THE SAME SET EVERYDAY IS EVEN HARDER

After more than a year of dating happily, Jennifer Love Hewitt and Jamie Kennedy have called it quits. Hewitt's rep confirms to People magazine.

Though no other details were given, sources speculate that Kennedy's days on their series, The Ghost Whisperer, may be numbered, as Hewitt is the star and a producer on the show.

METRO WORLD NEWS



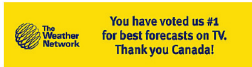
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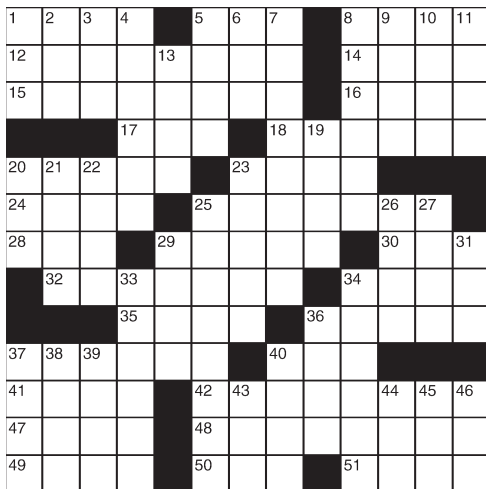
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Take Five



ACROSS

- 1 Odds and —
- 5 Cigar residue
- 8 Campus hangout
- 12 Hawaiian volcano
- 14 — Minor (constellation)
- 15 Kathleen of the Obama cabinet
- 16 Hebrew month
- 17 Sternward
- 18 Unexpected
- 20 Winter garment
- 23 Dalmatian detail
- 24 Cause a surfeit
- 25 Ken of the Obama cabinet
- 28 — Aviv
- 29 Felonious monk in "The Da Vinci Code"
- 30 Ump
- 32 Hillary of the Obama cabinet
- 34 Scallopini meat

- 35 Rotate
- 36 Private journal
- 37 Sushi condiment
- 40 — relief
- 41 Bottom of a boat
- 42 Timothy of the Obama cabinet
- 47 Needle case
- 48 Famous aria from "Carmen"
- 49 Spiritual discipline
- 50 Bath locale
- 51 Mormon state

DOWN

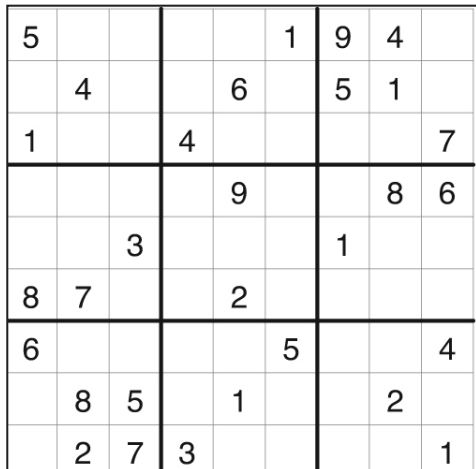
- 1 Type squares
- 2 Dundee denial
- 3 Fix the soundtrack
- 4 Furtive
- 5 Settled down
- 6 Old French coin
- 7 Knows what to do, maybe
- 8 Watch crystal, maybe
- 9 Language of Pakistan
- 10 Pronto, on a

- memo
- 11 Blowgun ammo
- 13 — Romeo (sports car)
- 19 Feathery neckwear
- 20 Portion (Abbr.)
- 21 Guinness or Baldwin
- 22 Hot dog holder
- 23 Chic shop
- 25 Be acceptable
- 26 Vicinity
- 27 Posterior
- 29 Cold-shoulder
- 31 Aviate
- 33 Roma's land
- 34 Hindu preserver god
- 36 Information
- 37 Curds' partner
- 38 Car
- 39 Hit hard
- 40 Lettuce variety
- 43 Water (Fr.)
- 44 Trawler need
- 45 Historic time
- 46 "Go, team!"

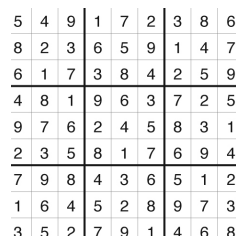
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

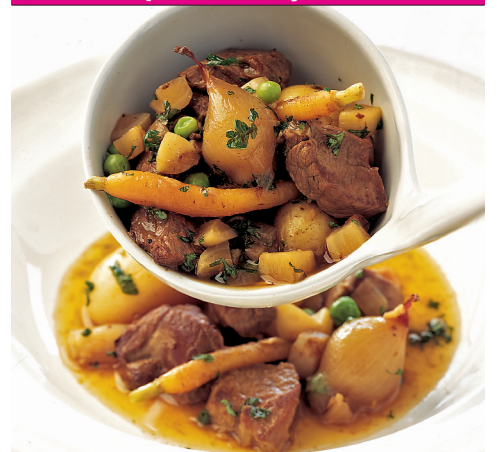


On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Irish Stew

INGREDIENTS:

- 2 tsp olive oil
- 1 large onion, chopped
- 1 garlic clove, finely chopped
- 500 g lean boneless leg of lamb, trimmed and cut into cubes
- 1/2 cup dry white wine
- 2 cups reduced-sodium chicken broth
- 1 bay leaf
- 1 sprig fresh thyme
- 1 kg baby new potatoes, scrubbed
- 250 g baby carrots
- 1 cup peeled pearl onions
- 1 small turnip, diced
- 1 cup frozen peas
- 2 tbsp chopped parsley
- Salt and pepper.

METHOD:

1. Preheat oven to 350°F (180°C). Heat oil in large flameproof casserole, add chopped onion and garlic and cook, stirring, until softened, 5 minutes. Add lamb and cook until

browned on all sides, 5 minutes.

2. Add wine, broth, bay leaf, thyme, potatoes, carrots and pearl onions. Season with salt and pepper. Bring to boil, then cover and transfer to oven. Cook 1 hour.

3. Add turnip and stir. Cover again and continue cooking until meat and vegetables are tender, 30 to 45 minutes, adding peas 10 minutes before end of cooking time.

4. Add parsley and stir well. Taste and season again if needed. Serve hot.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20
Your nerves may be a bit on edge today but it won't be long before the crisis passes. Eventually will wonder how you managed to get so worked up over nothing.

LIBRA

SEPT 23-OCT 23
Something to do with your working routine is about to be change but it won't be that bad. Why? Because you know how to adapt.

TAURUS

APRIL 21-MAY 21
What you want you cannot have and what you have you don't really want. The grass isn't always greener on the other side of the fence.

SCORPIO

OCT 24-NOV 22
Whatever your desires and your fantasies may be you are encouraged to indulge them to the full today. Live for the moment.

GEMINI

MAY 22-JUNE 21
We all have big ideas but some big ideas are best left on the drawing board. Today there is a smaller idea that will bring you all the rewards you desire.

SAGITTARIUS

NOV 23-DEC 21
You are smart enough to realize there are times when it is necessary to let others win, and this appears to be one of them.

CANCER

JUNE 22-JULY 22
What catches your eye today may look like the answer to your prayers. By all means start something new but make sure you are able to finish it.

CAPRICORN

DEC 22-JAN 20
Today's new moon will endow you with all the chat and charm you need to win new friends and influence people.

LEO

JULY 23-AUG 23
Today's new moon in the wealth area of your chart means you need to get your hands on some serious money.

AQUARIUS

JAN 21-FEB 18
The planets are sending you this important message: what you took for granted in the past cannot be taken for granted in the future.

VIRGO

AUG 24-SEPT 22
A new moon in your opposite sign of Pisces suggests that your most important relationship will reach new levels of understanding over the next 24 hours.

PISCES

FEB 19-MARCH 20
A new moon in your birth sign makes this the perfect day to start being that person you always wanted to be. You WILL succeed now.

This day in history

- 44 BC: Julius Caesar is stabbed to death by several Roman senators on the Ides of March.
- 1493: Christopher Columbus returns to Spain after his first trip to the Americas.
- 1776: South Carolina becomes the first American colony to declare its independence from Great Britain and set up its own government.
- 1953: International Flying Saucer Bureau declares first World Contact Day.
- 1985: The first Internet domain name is registered (symbolics.com).

METRO NEWS SERVICES

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